

All Aqua Fitness Classes Are Included In Your Membership!

Aqua Fusion (45 min)

This dynamic aquatic workout merges cardio and strength training, harnessing the resistance of water for a full-body workout.

Aqua Dance (45 min)

Make a splash during this party in the water that will keep you moving while having fun to your favorite music.

Aqua Tai Chi (45 min)

Created to help enjoy the water using flowing yet powerful movements targeting the lower extremities, trunk and back muscles while using the water's resistance.

Aqua Bootcamp (45 min)

A high energy class focusing on strength and endurance training in the water while offering options to increase and decrease intensity.

Active Agers (45 min)

Designed to get you moving with low impact. A variety of traveling exercises will offer a workout to improve range of motion, muscular strength and stamina while decreasing stress on joints.

Aqua Deep (45 min)

Dive into deep water fitness as you defy gravity in this workout designed to build strength, endurance, and core stability with minimal impact.

MONDAY

8:30am Aqua Fusion Main Pool
10:00am Aqua Dance Main Pool

TUESDAY

7:30am Aqua Tai Chi Warm Pool
8:45am Aqua Boot Camp Main Pool
11:00am Active Agers Main Pool

WEDNESDAY

7:30am Water Walking Main Pool
8:30am Aqua Fusion Main Pool
10:00am Aqua Dance Main Pool

THURSDAY

7:30am Aqua Tai Chi Warm Pool
8:45am Aqua Boot Camp Main Pool
11:00am Active Agers Main Pool

Scan Code to download your own copy of the Schedule.

